



Ohio School Breakfast

Social Media Messages for Parents

Help Spread the Word

- Ask your association members to share parent messages through E-newsletters, Social Media, Website News/Announcements
- Join the conversation on Twitter using the hashtags: **#OHSBC** and **#Breakfast**
- Like and Share posts on your Facebook page

Twitter and Facebook Teasers

DYK: School breakfast is a great way to kickstart your student's day when you're crunched for time in the AM #OHSBC <http://bit.ly/OHSBC>

Give 'Em Breakfast. Give 'Em A Boost. Does your school offer #breakfast in the morning? If not, encourage them to >><http://bit.ly/OHSBC>

#Breakfast is the most important meal of the day because it refuels the body and the brain. Get the facts >> <http://bit.ly/2fENo37>

Moms know best - a healthy #breakfast helps kids to do their best! #OHSBC <http://bit.ly/OHSBC>

If your kids aren't hungry first thing in the morning, have them eat breakfast at school! Studies show breakfast fuels their brains and bodies. #OHSBC <http://bit.ly/OHSBC>

#Breakfast - it's smart! Help your kids get the best start to their day! <http://bit.ly/1pLyozr>

Breakfast fills your child's "empty tank" to get them going after a long night of sleeping. #OHSBC <http://bit.ly/OHSBC>

Eating #breakfast on the run is easy when you plan ahead! Pack a breakfast bag the night before or try these ideas >> <http://bit.ly/1OcRK5g>

Why is #breakfast the most important meal of the day? It provides fuel and boosts brainpower! <http://bit.ly/1N8TNrA>

Build a better #breakfast by including at least 3 of the 5 food groups. What's your favorite combo? <http://bit.ly/2x2ccog>

Parent Power! Be a role model & make sure your kids see you eating #breakfast. Better yet, eat breakfast together! <http://bit.ly/1N8TywN>

Make sure your family fuels up with a healthy breakfast every day. Learn why it's important >>
<http://bit.ly/OHSBC>

Kids who skip breakfast often mistake hunger pangs for a tummy ache. Eat breakfast at school to fight hunger #OHSBC <http://bit.ly/OHSBC>

Breakfast Builds Brain Power! Studies link the importance of breakfast and children's performance in school >> <http://bit.ly/OHSBC>

Breakfast provides kids the get-up-and-go they need to listen and learn in school. >>
<http://bit.ly/OHSBC>

DYK: Students can get a healthy breakfast at school complete with whole grains, fruit and dairy!

School breakfast provides a simple and healthy option for families every morning. Tomorrow we're having [\[insert menu item and share a photo\]](#)

A healthy school breakfast like [\[insert menu item and share a photo\]](#) helps students perform their best in the classroom! #OHSBC

All students are welcome to join us for breakfast so they can start the day ready to learn. The cafeteria opens at [\[insert service start time\]](#). #OHSBC

My name is Mrs. ___ and I teach ___ grade. My favorite school breakfast is [\[insert menu item and share a photo with teacher & item\]](#) which is on the menu tomorrow at [\[insert service start time\]](#). #OHSBC

Social media images are available for download at:

<https://www.dropbox.com/sh/beatp6kirixofjd/AAAzhKa1hRERaGsXPOAPBJH4a?dl=0>



“ We can't make kids smarter, but with improved nutrition and physical activity
WE CAN PUT A BETTER STUDENT IN THE CHAIR.”

Robert Murray, MD, Professor of Nutrition, Department of Human Sciences, College of Education & Human Ecology, The Ohio State University

36.3% OHIO TEENS REPORT EATING BREAKFAST EVERY DAY.¹

¹Ohio Department of Health, 2010 Ohio Youth Risk Behavior Survey, Center for Disease Control



Breakfast Impacts Learning

IT IMPROVES	IT DECREASES
<ul style="list-style-type: none">• Attendance• Behavior• Classroom participation• Attentiveness	<ul style="list-style-type: none">• Concentration• Math and reading scores• Standardized test scores• Cognitive test speed• Vocabulary
	<ul style="list-style-type: none">• Anxiety• School nurse visits• Tardiness• Absenteeism^{1,2}

CITATIONS
¹ Food Research and Action Center (FRAC) "Breakfast for Health" Fall 2011 www.frac.org
² National Impact Report: Enhancing Academic Success through Healthy School Environments... ©2010 Ohio Foundation 2013 www.ohiofrac.org

